



# HANDWASHING FACTSHEET

Washing hands is important for everyone, but when you are living with cancer, it is even more important.

Clean hands help prevent the spread of infections.

Wash them frequently.

Don't be afraid to ask family & friends to wash their hands.

## When to Wash Your Hands

- When your hands become contaminated
- Before and after handling food
- Immediately after coughing
- Immediately after sneezing
- Using a handkerchief or tissue
- Eating
- Going to the bathroom

If you are in a situation where you cannot wash your hands, use an alcohol-based sanitiser that contains at least 60% alcohol. This is not a replacement for washing hands.

## How to Wash Your Hands

1. Use running water to wet hands.
2. Use liquid or a bar of soap.
3. Lather and rub hands together vigorously for twenty seconds.
4. Pay special attention to the cuticles and underneath the fingernails.
5. Rinse thoroughly and dry off hands with a clean hand towel\*.

\*Drying hands with a towel helps remove any bacteria or virus particles remaining on hands